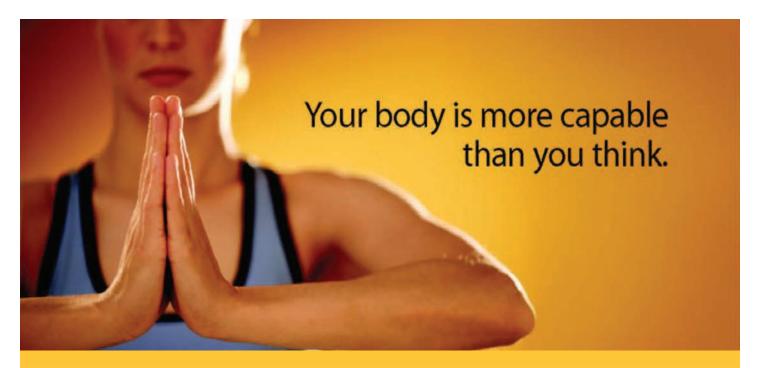
## Self-Defense Classes for Women & Girls



## Wednesday, April 9, 6:30 - 9:00 pm

Glendale Community College, Student Center Conference Room (SC212) 1500 N. Verdugo Rd., Glendale, 91208 Free parking available at Lot C Structure, Levels 1 & 2 (Entrance on Mountain Ave.)

## Wednesday, April 16, 6:30 - 9:00 pm

Glendale Police Department, Large Community Room 131 N. Isabel St., Glendale, 91206 Free parking available in the Civic Center Parking Lot (Entrance on Wilson, between Isabel St. and Glendale Ave.)

- > FREE self-defense session for women and girls ages 12 and up
  - Classes are not cumulative can attend one or more
    - Wear exercise attire and athletic shoes
    - Space is limited reserve your spot now

Classes made available by the Glendale Commission on the Status of Women, and taught by SHIELD Self-Defense Training, a martial-arts-based women's self-defense program.

## **April is Sexual Assault Awareness Month**

To RSVP or for more information: 818.548.2000 or women@ci.glendale.ca.us

